

# Casemate

**Spotlight**  
Event

Daylight-saving time begins this Sunday. Don't forget to set your clocks ahead one hour.

Vol. 27, No. 7

Published for the community of Fort Monroe

April 1, 2005

## What's Inside



### Home-care 'Heroes'

Day to day, they keep children safe and happy while moms and dads serve Monroe and the nation.

..... Page 8

### It Took A Village

A Fort Monroe employee received the Bronze Star recently for his camp-building efforts in Iraq.

..... Page 4

### HHC Claims Title

After a two-game showdown last week, HHC claimed the '05 Intramural Basketball title.

..... Page 12

## Index

Chaplain's Corner ..... 2  
MP Roll Call..... 5  
News Clips ..... 9  
Sports & Health ..... 12  
Moat Notes ..... 14  
Movie Schedule ..... 14

## Community Notice

### Post AER campaign donations top \$17K

The dollar figure for Fort Monroe's 2005 Army Emergency Relief Campaign continues to grow, thanks to the many contributions by caring community members.

As of this past Tuesday, more than \$17,539 has been raised. The overall campaign goal is \$25K.

The AER drive continues through May 15. For donations, contact your unit key person or call 788-4132.



Photo by Patrick Buffett

*Col. Hilton J. Marks, Sr., TRADOC Command Chaplain, delivers a sermon titled "Frozen Moment and The Other Mary" during Fort Monroe's Easter Sunrise Service Sunday at Continental Park. Several hundred spectators took part in the early-morning event. For more photos of the service and Easter weekend activities on post, see Pages 10 and 11.*

## Army's new '90-90 policy' may ease post budget woes

**BY PATRICK BUFFETT**  
CASEMATE STAFF WRITER

Fort Monroe officials are understandably relieved about last week's Army-wide announcement concerning 90-90 funding for bases.

The service has made it policy to fund all installations at an annual rate of 90 percent of validated requirements for base operations services (BOS) and for sustainment, restoration and modernization (SRM), according to an Army press release distributed by the Installation Management Agency.

"That's very good news when you consider the budget shortfalls we've dealt with this fiscal year," said Bob Edwards, Director of Resource Management here. "Fort Monroe is currently under a funding restriction. It has seriously hindered our ability to hire new employees and pay for TDY and training, and we've had to reduce our contract support and place strin-

gent controls on our (IMPAC) credit card purchases."

The installation has literally been surviving month to month on funds filtering in from DA and IMA, Edwards said. Now that relief is in sight, however, the DRM anticipates a near-future end to funding restrictions, and the green light may be given for some "badly needed" sustainment and restoration projects.

"We remain cautiously optimistic as we await the results," said Nicholas DiNunzio, DRM budget offi-

***The installation has literally been surviving month to month on funds filtering in from DA and IMA.***

**Bob Edwards**

Director of Resource Management

cer. "The key lies in how accurately our requirements are defined before the 90 percent fix is applied."

Additional funding will be released through a phased plan over the balance of this year and through the annual funding program for future years, the Army press announcement read. Funds will come from other parts of the Army's budget as it identifies programs that are "lagging in execution." IMA will program the funds to provide infrastructure upgrades and services that have been most lacking in recent months.

The new 90-90 funding "renews the Army's commitment to improving the quality of life for our Soldiers and their families," Secretary of the Army, Francis J. Harvey, said during a March 23 press conference at the Pentagon. Funding installations to 90 percent of requirements means a more predictable annual budget and

**See BUDGET, Page 3**

Mandatory ethics training for all post employees begins April 5. See NEWS CLIPS, Page 9

*Spiritual fitness sets the tone for all that I do in the day, to include my eating habits.*

## To be physically fit, stay spiritually fit

**J**ust after one of my recent workouts at the Fort Monroe Fitness Center, a buddy of mine asked about my exercise routine. He wanted to know what my secret was for staying physically fit.

I replied, "The secret with me is getting older." With each year that passes I know I have to workout just a little bit more to maintain good health.

Since that day I have given additional thought to my response, and I realize I should have also made a point about spiritual fitness. The truth for me is my spiritual fitness plays a more important role in my physical conditioning.

Spiritual fitness sets the tone for all that I do in the day, to include my eating habits. I love to eat, but with a good dose of spiritual fitness I'm able to curtail foods and other cravings that are not good for me.

### Chaplain's Corner



**Lt. Col. Wilbert Harrison**  
*Post Chaplain*

Spiritual fitness is more difficult to maintain than physical fitness, because it requires a discipline very few people are willing to have. I don't want to give the impression that I have mastered spiritual fitness because I have not, but I do know from my experience that it demands more from

me than physical discipline.

Like any effective exercise program, spiritual fitness requires a "daily renewal" through Bible reading and/or other forms of spiritual reading and prayer. That part isn't always easy ... I would much rather get up and head off to the Fitness Center and get my workout than spend time in meditation and prayer. But what I have discovered in my pursuit of spiritual fitness is that is keeps me focused on what is important.

Like Internet pop-ups, life has its own set of annoying twists, and spiritual discipline is an effective tool for meeting these challenges. It can reduce the stress we are likely to face when life's pop-ups come.

Here are several ways I believe spiritual fitness can be achieved:

First, develop a habit of praying each day. Philippi-

ans 4:6 states, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God." Asking God for peace and serenity can help reduce physical and emotional stresses that do harm to the body and mind.

Second, read something that will encourage you spiritually. Psalms 119:11, 15-16, states, "I have hidden your words in my heart that I might not sin against you. I will meditate on your precepts and consider your ways, I delight in your decrees; I will not neglect your word."

Spiritual meditation helps one to feed the soul. When there is a spiritual drought there will always be physical and emotional drought, which leads to fatigue and spiritual break down.

Third, practice good morals that lead to good health. First Corinthians

6:12 states, "Everything is permissible for me. But not everything is beneficial. Everything is permissible for me. But I will not be mastered by anything."

Are there habits and addictions that have mastered you? Spiritual discipline can give you the faith and courage to face and defeat destructive habits.

Fourth, enjoy life by learning to laugh. A good laugh can help you feel good about yourself. Try not to take life too seriously all the time and learn to lighten up and enjoy yourself. Instead of complaining, put a smile on your face and the world will smile back at you. Proverbs 17:22 states, "A cheerful heart is good medicine, but a crushed spirit dries up the bones."

Spiritual and physical fitness are both needed in order to carry out God's plan. So stay in shape and you will enjoy life and live longer.

*The 'fools errand' has also been linked to Roman mythology.*

## A closer look at a 'fool's' holiday

**H**ey, you've got ink on your face ... It's right there on your left cheek.

HA! APRIL FOOL!  
That "oldie but goody" was part of my standard arsenal of April 1st gags during my childhood years. I also got a lot of mileage out of the "hey, your shoe is untied" hack. Looking back on those times now, I realize just how corny I must have sounded. Why a lot more kids didn't slap some sense back into my head, I have no idea.

Fortunately, others who are far more creative than I am have come up with some true classics in the April Fools' Day arena over the decades. I remember an old

### Community Spotlight



**Patrick Buffett**  
*Casemate Editor*

episode of "M\*A\*S\*H" in which the troops short-sheeted Col. Sherman H. Potter's bed the first day he arrived to assume command – it was one hilarious

moment that any Soldier would appreciate.

And the number one April Fools' joke of all time, according to [www.museumofhoaxes.com](http://www.museumofhoaxes.com), occurred in 1957 when the respected BBC news show "Panorama" announced, "thanks to a very mild winter and the virtual elimination of the dreaded spaghetti weevil, Swiss farmers are enjoying a bumper spaghetti crop." The announcement was accompanied by footage of Swiss peasants pulling strands of spaghetti down from trees. Huge numbers of viewers were taken in, and many called up wanting to know how they could grow their own spaghetti trees. To this question, the BBC diplomatically replied

that they should "place a sprig of spaghetti in a tin of tomato sauce and hope for the best."

So how did all this tomfoolery get started?

Well, nobody really knows exactly, according to the popular research site [www.infoplease.com](http://www.infoplease.com). There isn't a first "April Fools' Day" (or All Fools' Day as it was sometimes called) that can be pinpointed on any calendar.

Some believe it evolved simultaneously during celebrations of the first day of spring observed by several cultures during the same period of history. The museum of hoaxes Web site revealed that the closest point in time that can be identified as the beginning

of the April Fool's tradition is 1582 in France. Prior to that date, the New Year was celebrated for eight days, beginning on March 25 and culminating April 1. The newly introduced Gregorian calendar, supported by Charles IX, moved the New Year's celebration to Jan. 1.

However, it was a time when messengers on foot delivered most news, so a lot of folks didn't get the word until years later. Furthermore, the new calendar wasn't an instant hit and many of the more obstinate folks continued to ring in the New Year on April 1. The general populace labeled these "backward" people as "fools," and they

**See APRIL FOOL, Page 16**

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# Casemate

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Photo by Lt. Col. August Schalkham

## Honoring the Unknowns

**Brig. Gen. Bruce Davis, commander of the Fort-Monroe-based Joint Task Force Civil Support, (pictured far right) represents the Chairman, Joint Chiefs of Staff during a recent wreath-laying ceremony at the Tomb of the Unknowns, Arlington National Cemetery. The ceremony was conducted on behalf of the commander of the Lithuania Armed Forces. Participation by a foreign dignitary in this time-honored ritual is a distinct way of paying respect to the sacrifice of America's veterans of foreign wars.**

## BUDGET

Continued from Page 1

greater control for garrison commanders while managing their communities.

"(The) well-being of Soldiers is a number-one priority for me," the SecArmy also said. "Soldiers are the centerpiece of our formations so nothing can be more important than a Soldier; nothing can be more important than the family."

"Our installations serve as our flagships of readiness," said Army Chief of Staff, General Peter J. Schoomaker, during the same Pentagon briefing. "The environment in which our Soldiers train, our civilians work and our families live plays a key role in attracting, recruiting and retaining the high-quality people the Army needs. To enhance combat effectiveness and enrich the workplace setting, we are reinforcing our commitment to our Army family."

The press release about the 90-90 measure also quoted IMA director, Maj. Gen. Ronald L. Johnson, who said, "The Army leadership has made an important decision that recognizes the vital role installations play in the Global War on Terrorism. This is the highest level of funding ever committed to installations, and it recognizes the need to give Soldiers and their families services and facilities equal to the service they give this nation."

The Army will continue to "program" toward the goal of 95 percent for SRM, set by the Office of the Secretary of Defense, budget officials said. The Army estimates that approximately \$1.3 billion are needed to achieve the 90-90 funding goal for FY05.

**"The Army leadership has made an important decision that recognizes the vital role installations play in the Global War on Terrorism."**

**Maj. Gen.  
Ronald L. Johnson**  
Director, Installation Management  
Agency

Over the past five years, the Army has only met the 90-90 funding goal once – in FY03. In 2000 and 2001 it met 95 percent of the base operations services needs, but only 77 and 72 percent, respectively, of the SRM requirements. Two of the lowest base funding percentages of the past decade were posted at the start of the current fiscal year with only 72 percent of BOS funded, and 68 percent of SRM funded Army

wide.

BRAC 05 will have no influence on the amount of funding any installation receives, according to a supplemental guidance memo provide by Army public affairs. The memo also addressed the feasibility of additional money being routed to installation support rather than the Global War on Terrorism.

"Installations are the 'home-towns' of Army combat power," the memo read. "(They) are essential components in maintaining the premier Army in the world."

"Our installations are the platforms from which we rapidly mobilize and deploy military power and sustain our military families. Installations play a vital role in training the force and reconstituting it upon return from deployment. They also provide deployed commanders with the ability to reach back for information and other support through advanced communications technology."

Further updates about the new funding measures and their near-term impact on Fort Monroe facilities and operations will be offered during the installation's periodic town hall meetings. The next gathering for post employees – both military and civilian – is scheduled for 2 p.m., April 27 at the Post Theater.

# U.S. Army Cadet Command shines during EEO ceremony

**BY BELINDA BAKER**  
CASEMATE STAFF WRITER

U.S. Army Cadet Command was the shining star of an awards program hosted recently by Fort Monroe's Equal Employment Opportunity Office at the Post Theater.

Col. Radames Cornier, USACC Chief of Staff, was called to the stage four times during the March 16 ceremony to receive honors that included the "2004 Unit/Organizational Excellence Award."

"We are extremely proud to receive this recognition, (and) we will continue ... our efforts to ensure that we do not lose momentum. It is an honor and privilege to be selected for this award from among so many other fine organizations," the colonel said in a later written statement to the Casemate.

"Our success in this vital area is a direct result of the emphasis placed on the EEO program by leaders at all levels within Cadet Command," Cornier added.

"The commanding general, deputy commanding general, command sergeant major and all other leaders are fully committed to the principles that resulted in our selection for this honor. Fair and equitable treatment of all is a cornerstone of Army Values."

"Cadet Command provides the majority of the Army's future officer leaders each year," the colonel also noted. "As such, we have a unique responsibility to ensure that our cadets – the next generation of America's leaders – fully understand the importance of incorporating the principles of Equal Opportunity into everything that they do in their lives."

USACC's other citations during the ceremony included the 2004 EEO Leadership Award and the 2004 Appreciation Award, which went to Brig. Gen. Gratton Sealock, USACC commander. Meanwhile, the 2004 Community Support Award went to the Donna Sealock, the general's wife.

Fort Monroe EEO specialist Barbara Berryman, who coordinated the event, said: "(The awards ceremony) is an important program because it recognizes those who support and contribute to EEO/AEP goals and it shows the Fort Monroe community that the EEO office is involved in much more than just processing complaints of alleged discrimination."

"This is a message our garrison EEO Officer Faye Anderson strongly believes," said Berryman.

In addition to USACC's four honors, Special Recognition Awards were presented to garrison commander Col. Perry Allmendinger, post chaplain Lt. Col. Wilbert Harrison and Rosetta Green, who retired this year after serving as the HQs TRADOC EEO officer.

Other awards went to Shirley McCollough, an EEO counselor, and special emphasis program manager Robby Richardson who each picked up the 2004 EEO Collateral Duty Employee of the Year Award.

The Department of the Navy Human Resource Center-East received the 2004 EEO Mediator of the Year Award and Sgt. First Class (ret.) Selvin Walker received the EEO Soldier of the Year Award.

# Civilian-Soldier receives Bronze Star

**BY PATRICIA RADCLIFFE**  
CASEMATE STAFF WRITER

For most Soldiers working in the desert, 12-hour work days become a repititious cycle. ‘Ground Hog Day,’ they are called, alluding to the movie starring Bill Murray.

Yet, for Col. Andrew Stewart, those “Ground Hog Days” were consumed with standing up a department of public works, managing over \$50 million in Army assets and ensuring about 100,000 Soldiers got what they needed and where they had to go. This resulted in Stewart receiving the Bronze Star on March 10 at DCSPIL where he works as a senior integration analyst.

A reservist, Stewart commanded Detachment E, U.S. Army Facilities Engineer Group while serving at Camp Arifjan in Kuwait from Jan. 1, 2003 to Jan. 4, 2004.

He was responsible for ensuring the habitability and operations of a newly-built base valued at over \$250 million. Stewart said the camp was originally designed for a small mission, but the war changed that. The mission evolved into something much bigger than anticipated.

“The mission that it was designed for was to take pre-positioned stock — one or two sets of equipment — and hand those out to people doing exercises in Kuwait as part of the defense of Kuwait. Now

it is the main staging area for people coming home from Iraq because they don’t have anything like that in Iraq. We put 100,000 Soldiers through Arifjan when I was over there,” Stewart said.

The 2,500 acre cantonment area designed to accommodate 3,500 to 4,000 Soldiers actually housed about 10,000 at one point; while another 10,000 Soldiers built camps around the interior proper.

This went on as Stewart commissioned all of Camp Arifjan’s buildings — brought them up and running — with working heat, air conditioning, electrical and water systems.

He also managed an engineering team, which he describes as being “a small organization with very high engineering skills.” They performed construction, program and project management and acquisitions. Yet, his focus was on the Soldier.

“(The Bronze Star) signifies an opportunity to serve the Soldiers. I’ve been in the Army almost 30 years now. To me, it means a lot just to have the combat patch.

“We had gone over (to Kuwait) at a time when we were building up for conflict in Iraq. In supporting that effort, I think the Bronze Star was about trying to help those Soldiers get ready to do what they had

to do. We provided them the war materials necessary for them to go up and take care of themselves — barricade material and (gear) to harden up their fighting positions. These were things to help them go



*Andrew Stewart*

over and do their mission,” he said.

Although responsible for over \$50 million in construction, other aspects of his duty in Arifjan also held prominence, according to Stewart.

“I feel honored to have been able to go. People run up to me in the airports; I’ve seen folks when we

were coming back that would say, ‘thanks, thanks, thanks we appreciate what you’re doing.’ American people are really appreciative now of what the Soldiers are about. I almost feel guilty for it,” Stewart said.

“The honor is mine for being able to do that. If you are a Soldier, you train for a long time to do Soldier stuff. To get the opportunity in your lifetime to actually do the mission you are trained to do, is an honor,” he said.

“Some of the National Guardsmen over there with me were just kids out of college. Some of them took a year off and some of them actually lost two years because they were deployed. We had guys from the Massachusetts and the Ohio National Guard supporting us. In DPW, somebody has to fix the toilets, somebody has to fix the lights. These were the guys and gals that did all that.

“When they were leaving, I told them, you won’t understand it until later on. You’ll look back over it ... and you can say, ‘my country called and I went.’ It’s not a question of whether you liked the war or didn’t like the war, agreed with the politics or disagreed with the politics, if you’re a Soldier it is a matter of duty. So, I say, it’s an honor to have gotten to go,” Stewart said.

6X7  
AD



# Fort Monroe Soldier of the Month

Spc. Nkechinyere Enwereuzor

**Organization:** NCSA Sector Norfolk

**Specialty:** Telecommunications Maintainer/Operator

*"I was also the October Soldier of the Month. I enjoy competing. I think the board chose me because of my confidence and grasp of military subjects. I was given plenty of opportunity to study, thanks to my supervisor Sgt. 1st Class George Shell, and the mock boards organized by the NATO staff also helped a lot."*

4 X 12  
AD

## MP Roll Call

### Rising temps create post safety concerns

**BY SPC. RICHAEAL EVANS**  
PMO VEHICLE REGISTRATION

With the weather warming up, there will be more children outdoors, especially in the residential areas of Murray and Pratt Streets, and Reeder Circle. Motorists need to be aware of children playing near the road and observe the posted speed limit of 15 mph in these areas.

Residents have voiced concerns about speeding in housing areas and patrols have been increased. Post motorists should also heed the "residents only" traffic signs ... if you do not live in those areas, you should not drive down those streets.

Employees, visitors and residents are also reminded that parking on the sidewalk next to Continental Park on Stillwell Extension is prohibited. Illegal parking continues to be a major dilemma on the installation, with 148 citations issued in March. That statistic could grow — considering the increase in visitor traffic this summer — if motorists continue to ignore clearly marked restricted parking zones or park in undesignated areas, like lawns and sidewalks.

Warmer weather will also mean an increase in the use of outdoor leisure vehicles, such as motorcycles, mopeds, bicycles and so forth. In upcoming issues of the Casemate, the PMO will offer safety checklists and graphics (similar to the motorcycle safety page in the March 18 edition) to promote proper usage and, possibly, prevent injury.

Those who live or work on Fort Monroe are also reminded that completion of a certified motorcycle safety course and a valid driver's license are required in order to operate a motorcycle or moped on the installation. Electrically assisted or gas-powered bicycles and scooters are considered mopeds and cannot be driven by unlicensed drivers.

Operators of these types of vehicles will not carry any other person unless the equipment is designed with an additional seat and foot pegs for the second person.

Use of headphones, earphones or earplugs while driving (or jogging – if not on the sea wall) on Fort Monroe is also prohibited. This does not negate the requirement for wearing hearing protection when it is required by safety regulations.

Bicyclists must also obey the same rules of the road as motorized vehicles. For example, they must stop at all stop signs.

The PMO is always a good resource for safety information, or to address safety concerns. To contact that office, call 788-2220.

2 X 3  
AD



Month of the Military Child

Home care givers provide valued service

BY BELINDA BAKER  
CASEMATE STAFF WRITER

The medley of familiar children's songs seem to comfort the group of Fort Monroe preschoolers who happily occupy themselves with colorful PLAY-DOH® on a sunny morning in mid-March.

At one end of the pint-sized activity table, Kalila Ponder fawns over her creation. Holding a blue-haired clay barbershop figure high above her head, the 4-year-old triumphantly exclaims, "Look 'it, I made his hair really long."

Nearby, another preschooler is in deep concentration trying to make his own masterpiece. Caleb Dill, 2, would not be outdone this day. A third youngster, 2-year-old Catalina Shoulders, fixes her gaze on the barbershop figure and seizes the object as soon as it becomes available.

Scenes like this play out daily at Kim Addison's house. Hers is a Family Child Care home — a designation that's made even more apparent by the unmistakable red, white and blue poster from Child and Youth Services that hangs on her door.

An "official" FCC provider, in Army terms, "offers care of one or more unrelated children in government-owned or leased housing." FCC providers can accept children four weeks to 12 years of age, according to Fort Monroe program director Dannielle Henderliter.

Among the children Addison looks after are her sons Joquez, 4, and two-year-old Jovanni. They are the main reason she signed on for the job and started providing daycare last September.



Photo by Belinda Baker

***Kim Addison, a full-time Family Child Care provider, occupies her group of preschoolers March 24 with an arts and crafts project that will result in "flower" pots for the Easter cookie flowers they plan to bake after completing the activity.***

"I wanted them to be able to interact with other children in a constructive way during the day," she said. "Plus, I love children so I thought, 'what better way to do what I love?'"

Her day begins at 6 a.m. and wraps up sometime around 6:30 p.m. She has nine children enrolled at her home but can only accommodate a maximum of six at a time under FCC rules. It works out, she explained, because some parents don't require her service every day.

"That is one of the FCC program's biggest advantages – flexibility," said Henderliter. "Parents and providers work out schedules that best suit their needs.

"We try to promote that aspect as much as possible when we talk about the program," she added. "When people think of FCC providers, they tend to think full daycare – having kids in their homes from 6 a.m. to 6:30 p.m. Actually there is more than one type of provider. Hourly care providers can arrange drop-in service with parents and there is also the flex provider option for those who only want to serve as backup for other providers when necessary."

In addition to choosing the type of service they want to provide, FCC caregivers select the age group of children coming into their home.

See HOME CARE, Page 17

6 X 7  
AD

# NewsClips

*The Historical and Archaeological Society will meet Monday at 11:30 a.m., at Delargy's Bistro, Hampton. Call 788-3935 for more information.*

### Library week begins

National Library Week is April 13 to 16. The theme is "Something for Everyone @ Your Library." The post library will celebrate with an open house on April 13 from 11 a.m. to 2 p.m. There will be a special story time at 10:30 a.m. It is open to all, but will be aimed toward 3 to 5-year-olds. For more information, call 788-2967.

### Retiree day/open house

Fort Monroe's 20th annual Retiree Day/Open House will take place April 21 from 9 a.m. to 2:30 p.m. at the Bay Breeze Community

Center. Retirees will hear the latest on what's happening at the installation and receive updates on legislation affecting benefits. For more information, call Eileen Langston at 788-2093.

### WO breakfasts

The U.S. Army Warrant Officers Association, Hampton Roads Chapter, gathers for an informal breakfast the third Thursday of each month. It is open to the public. RSVPs are requested one week prior to the event. The breakfasts are held from 7 to 8:30 a.m., at Thumpers on the Bay.

The chapter also holds USAWOA formal meetings quarterly, and frequently sponsors professional development sessions for warrant officers. For more information, or to RSVP, call Chief Warrant Officer Melanie Ladra at 788-4727, or Don Woodruff (chief warrant officer, retired) at 788-2513.

### Teen volunteers sought

School Aged Services needs summer camp teen volunteers – ages 13 to 15 – to assist staff with activities, meals, field trips, sports and errands. They will work with first through fifth graders.

Camp begins June 20 and ends Sept. 2. Teens will work six to eight hours per day, Monday through Friday, for a minimum of five weeks.

Volunteers must be enthusiastic, responsible, use sound judgment and have a great deal of energy. Experience with camps, clubs, scouts or other and groups is a plus.

A current physical (less than a year old), TB test and three letters of reference (two must be from school) will be required if selected as a volunteer. Call Donna Balance or Mary Finchum at 788-3595 for more information.

More NEWS CLIPS, Page 16

## TRADOC OSJA begins 2005 Army ethics classes

In 2004, the Secretary of the Army directed that every DA employee, military or civilian and regardless of rank, will receive face-to-face ethics training on an annual basis.

To accomplish that requirement, the Office of the Staff Judge Advocate for HQs TRADOC will begin conducting general training sessions twice a month at the Post Theater. Sessions are currently scheduled for the first and third Tuesday of each month with the only exceptions being April 20, May 4 and Sept. 21, which all fall on a Wednesday. All sessions begin at 1 p.m.

Specific session dates for the next three months are as follows: April 5 and 20, May 4 and 17, and June 7 and 21. Additional class dates and a reminder about the training will appear in future editions of the Casemate.

Employees will be asked to sign-in before the start of each training session, and are encouraged to notify their supervisor or training coordinator once they have completed the training.

Organizations may also arrange for special training sessions. For more information, call 788-2302.

5 X 10  
AD





*Bettelee Lambeth, 10, scoops plastic eggs into her bucket during Saturday's Easter Egg Splash at the Fort Monroe indoor pool. More than 100 children turned out for the event, which offered candy, toys and other prizes.*

## MWR event offers 'egg-ceptional' fun



*Above: Katelyn Giraldo, 5, expresses her joy for the flower heart that was made for her during the kid's carnival following Saturday's Easter egg hunt. Right: Ariadne Dulchinos, 2, demonstrates her best Easter Bunny moves as she runs and plays with other children.*



*Above: Two-year-old Patrick Hughes, right, joins other toddlers in the hunt for Easter Eggs outside the Community Activities Center Saturday. Below left: "Cartoon Carl" of Carl's Balloons and Catering, Hampton, makes balloon hat for a youngster. Below right: Kayla Moore, 4, expresses her appreciation for "Big Bird's" visit during the kid's carnival.*



*Photos by Patrick Buffett*



*Members of The U.S. Continental Army Band perform for arriving guests before the start of Sunday's Easter Sunrise Service at Continental Park.*

## Community gathers for wee-hour worship service



*Above: The Easter Sunrise Festival Choir, comprised of Fort Monroe employees and other community members, sings "Worship Christ the Risen King" during Sunday morning's service at Continental Park. Right: Col. Perry D. Allmendinger, garrison commander, welcomes sunrise service audience members. Far right: Acolytes Rebecca Ledebuhr and Sam Elzarian lead the procession of installation clergy — to include (not pictured) Chaplain (Col.) Lilton J. Marks, Sr., TRADOC Command Chaplain, and Father Peter M. Creed, Pastor of St. Mary Star of the Sea Catholic Church — to an outdoor stage erected for the sunrise service at Continental Park.*





Got any sports results?  
Need to advertise an upcoming event?  
Give us a call at 788-3208 or e-mail casemate@monroe.army.mil.



Photo by Patricia Radcliffe

Members of the victorious HHC intramural basketball team include (l-r) Alexander Jenkins, Todd Harrison, Kaaliq Ali, Mary Stewart (coach), Kevin Wigfall, Marcus Banks and William Fernandez. Team members not pictured are Jadore Scovell, Linwood Baker, Kenneth Moreland, Lathaniel Johnson, Eric Hill and Herbert Hartwell.

# HHC clinches intramural championship

BY JON PEARLMAN  
CONTRIBUTING SPORTS WRITER

HHC beat Cadet Command 57-47 to win the Fort Monroe Intramural Basketball Championship at the Community Activities Center March 24.

CC came on strong with two fast baskets by Darryl Hinson. HHC's William Fernandez posted up early for a bucket and grabbed a defensive rebound for what would be an energetic performance all day long.

HHC launched a balanced attack. Kevin Wigfall hit a long

three and picked up another two on a fast break. Marcus Banks threaded the needle to Jadore Scovell. Banks contributed seven first-half points.

Hinson's sharp shooting kept the game close throughout the first half with moves like a perfect pass to Arnold Pleasant at the buzzer to go to the half tied at 25. Hinson poured in a game high 22 points.

In the second half, HHC's deep bench and full-court press started to take a toll on CC.

CC's William Bolden came out

strong early and contributed a three pointer. He then snuck underneath on the next offensive play to receive a well-placed pass and a trip to the foul line, sinking both free throws.

CC suffered a big loss when versatile swingman Brian Glasper left the game early in the half with a leg injury.

HHC's front court players, William Fernandez and Alexander Jenkins overpowered CC throughout the half, dominating the paint at both ends of the court and seem-

ingly scoring at will. The 6-foot-4-inch Jenkins hit a spinning drive for a basket and a trip to the foul line. He followed this up minutes later with an airborne spinning 360-degree shot for two points.

Fernandez grabbed an offensive rebound and put it back up for a trip to the foul line. Hinson continued his sharp shooting, but it was not enough to overcome HHC.

HHC won the first place tournament trophy convincingly. Jenkins finished with 17 points and Fernandez logged 10.

6X7  
Ad

# Post runners capture Shamrock gold, silver

Crossing the finish line a full nine minutes ahead of their nearest military competitor, Fort Monroe running teams #1 and #2 – a.k.a. “The Limping Lads” – captured gold and silver during the 2005 Shamrock Marathon Relay Race held March 19 in Virginia Beach.

The relay race drew 261 two-member teams this year, according to the marathon Web site. Of those, 19 competed in the military category. Monroe entered four teams.

Mark Carper and Dale Abrahamson posted split-distance times of 1:26:15 and 1:27:52, respectively, to finish 7th overall and first among the military runners.

Don Wagner (1:33:43) and Jon Griesse (1:29:48), finished on the heels of team #1 to claim 11th overall and second among the military competitors.

Also competing under the team name of “Monroe Windy Runners,” John DiCarlo (1:34:56) and Steve Guthrie (1:40:13) finished 22nd overall and 5th among the military

teams. The third set of “Limping Lads” – David Glover (1:48:01) and Sean Oatmeyer (1:29:17) – finished 25th overall; however, their time was good enough to earn gold in the men’s masters category.

Fort Monroe Team #1’s overall time was 2:54:07 – a 6.39 minute average per mile. Team #2’s overall time was 3:03:30 – a 7.01 minute average per mile.

Team #3’s overall time was 3:17:18 – a 7.32 minute average per mile. Team #4’s overall time was 3:15:09 – a 7.27 minute average per mile.

This is the first of several races the Monroe running teams will compete in leading up to the Army 10-Mile Race scheduled for Oct. 2 in Washington, D.C., said Abrahamson, the overall team coordinator. All Fort Monroe Soldiers and civilians are invited to join the team.

For more information, contact Abrahamson at 788-4227 or Carper at 788-4218.



Photo by Patrick Buffett

*Members of the Fort Monroe running team pose for a photo with Col. Perry D. Allmendinger, garrison commander, after returning from the recent Shamrock Marathon Relay Race with gold and silver medals. Pictured left to right by row are: Dale Abrahamson, team coordinator, next to Allmendinger; second row - Mark Carper, John DiCarlo and Steve Guthrie; third row - Don Wagner, John Griesse and David Glover. Sean Oatmeyer also ran the race, but was not available for the photo.*

Spotlight

Event

CYS Camp Registration

Fort Monroe Youth Services will host a three-day registration session for their 2005 summer camps from April 13 to 15 at the Community Activities Center. The daily sessions are open from 8 a.m. to 5:30 p.m. The summer camps are open to dependents of military and civilian employees. For further information about Camp Summerfun (1st through 5th grade), call 788-3595. For further information about Camp X-treme (6th through 8th grade), call 788-3957.

3 X 6

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3 X 8

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# MoatNotes

## UPCOMING SPOTLIGHT EVENTS

Daylight-saving time . . . . . April 3  
Ethics Training . . . . . April 5  
Newcomers' Orientation . . . . April 7  
Sunday Brunch. . . . . April 10  
Celebrity Luncheon. . . . . April 12  
Library Open House. . . . . April 13  
For more on these and other upcoming events, see calendar below or other stories and briefs in this issue.



### April 1

#### Taiwan acrobats

An amazing display of balance, flexibility and pure human strength will be offered at the American Theater, Hampton, today during a performance by The National Acrobats of Taiwan. Showtime is 7:30 p.m.

These skillful performers use objects from everyday life — chairs, tables, bowls, plates, bottles and jars — for their eye-popping stage routines. The National Acrobats are one of the most requested touring companies from all of China.

Tickets for the performance are \$25 and \$30 depending on seating location. For more information, or to reserve seats, call 722-2787.

#### Fiddle fest

Experience an extraordinary evening of lively music, folk dancing and family entertainment as the Yoder Barn Theatre, Newport News, presents the Hunt Family Fiddlers Friday and Saturday at 7:30 p.m.

Ranked among the top ten Irish step dance performance groups in the country, the Hunt family is known for high-powered, "Riverdance-style" Celtic favorites as well as bluegrass and traditional music.

Tickets for the performance are \$10 for adults and \$8 for children age 12 and under. For more information, or to reserve seats by phone, call 249-4187. The Yoder Barn Theatre is located at the corner of Jefferson Boulevard and Oyster Point Road.

#### 'Flame to Form'

The Courthouse Galleries, Portsmouth, will celebrate the opening of its newest exhibit "Flame to Form: A Contemporary Look at Glass" with a public reception today from 6 to 8 p.m.

The "Flame to Form" exhibit will continue through May 15. It features glass creations by local artists Emilio Santini, Judy Doyle and Matthew Fine. All three artists will be present at the opening gala. The Santini family has a 500-year tradition of glassmaking. Doyle began working with glass after retiring from a career in graphic arts. And Fine has a demonstrated expertise in many different forms of sculpting, to include metal and stone, and has been featured in exhibits nationwide.

The Courthouse Gallery is open from 10 a.m. to 5 p.m., Tuesday through Saturday, and 1 to 5 p.m., Sunday. Regular admission is \$3. Guests can visit free the first Sunday of each month. For more information, call 393-8543.

## Spare Time



Photo by Patrick Buffett

**Anthony Hansen, 15, competes in the Fort Monroe Youth Bowling League Saturday. About 20 kids are currently enrolled in the league, to include Anthony's brother, Theodore. Three members of the Flores family — Maria, Megan and Matthew — also compete, as well as Ryan Pate, Patrick Beville and Michael Higdon. The league seeks new players regularly. For more information, call 788-2939.**

### April 2

#### Flea market

Jewelry, books, antiques, toys, furniture and more will be sold at bargain prices during the monthly Olde Towne Portsmouth Flea Market Saturday from 10 a.m. to 2 p.m., at the Middle Street Garage.

More than 100 vendors participate in the event, and the Main Street Garage is an ideal location that offers shade from the springtime sun or protection from April showers.

Both parking and admission is free. The flea market is located at the corner of Middle and London Streets. For more information, call 393-1622.

#### Stuart Little

From the loving heart of E.B. White, author of "Charlotte's Web," comes a merry musical about a noble mouse that jumps headlong into adventures big enough to match any imagination. The Penin-

sula Community Theater, Newport News, presents "The BIG Adventures of Stuart Little," Saturday at 11 a.m. and 1 and 3 p.m.

Funny, tender and exciting, this performance mixes gorgeous child-sized puppets with live actors to create theatrical magic for its target audience — children in grades K-6.

Tickets for the performance are \$7 per person. For more information, or to reserve seats, call 595-5728.

#### Daffodil Festival

Storytellers, magicians, live music, games and pony rides are among the highlights of Gloucester's Daffodil Festival Saturday from 9:30 a.m. to 4:30 p.m.

The festival begins with a 5K race, followed by a parade and other entertainment. Pets may participate in the "Magnificent Mutt Show." The event also features fine arts, crafts and antiques.

Admission is free. The festival takes place on Main Street. For more information, call (804) 693-

### 2355. Park Day 2005

Thousands of volunteers from around the country will team up with the Civil War Preservation Trust Saturday to help clean and restore America's historic battlefields, cemeteries and shrines. This nationwide effort — dubbed Park Day — is now in its ninth year.

Local organizers are looking for volunteers to clean brush from Skiffes Creek in the area near Oakland Industrial Park, Newport News. Work will begin at 9 a.m. Participants will receive a free T-shirt.

For more information, call the Virginia War Museum at 247-8523 or 888-3371.

### April 3

#### Space Station

NASA's International Space Station Mobile Exhibit will be docked at the Virginia Air & Space Center Sunday through April 17.

Visitors can climb aboard the dual travel-trailer display and experience every aspect of space station life — from "space food" to sleeping and conducting laboratory experiments in weightless conditions. Center educators will provide 15-minute tours of the exhibit, covering everything from the history of space stations to the basics of building the structures in orbit.

The ISS exhibit is free to the public and will be open Monday through Saturday from 11 a.m. to 4 p.m., and Sunday from noon to 4 p.m. For more information, call

### AT THE MOVIES

#### Showing at the Fort Eustis Theater

**Friday, April 1**  
7 p.m. — Hitch (PG-13)

**Saturday, April 2**  
2 p.m. — Because of Winn Dixie (PG)  
7 p.m. — Hitch (PG-13)

**Sunday, April 3**  
7 p.m. — Constantine (R)  
FREE Movie Showing!!

**Wednesday, April 6**  
7 p.m. — Constantine (R)

**Thursday, April 7**  
7 p.m. — Constantine (R)

**Friday, April 8**  
7 p.m. — Man of the House (PG-13)

**Saturday, April 9**  
2 p.m. — The Pacifier (PG)  
7 p.m. — Cursed (PG-13)

\*The Langley Air Force Base movie theater is closed for renovations.

Adults \$2, children 6-12 years old \$1.50 and children under 6 are free. If a child under 6 occupies a seat at a G-rated movie, admission is \$1.50. Special movie showings are available. Contact John Low at LowJ@aafes.com or 766-1237 for details.



# ACS Corner

## HCPT 'Celebrity Luncheon'

Andy Fox of the Channel 10 news team will be among the featured guests at a Child Abuse Prevention Month "Celebrity Luncheon" fundraiser April 12 from 11 a.m. to 1:30 p.m. at the Omni Newport News Hotel, Oyster Point. Volunteer "celebrity" waiters or waitresses are needed for the event. These participants will actually serve tables while adding to the fun and festivities. Guests can also participate in a silent auction, with all proceeds going to the Hampton Child Protection Team.

If you would like to be a "celebrity" participant, attend the luncheon, or would like to donate one or more items to support the silent auction, call Eva Granville, Family Advocacy Program Manager, at 788-3878/3535.

## 'Toddler Time'

Fort Monroe's "Toddler Time" playgroup meets each Monday (except holidays) from 9:30 to 10:30 a.m., in the gymnasium of the Community Activities Center.

All children under age six are welcome. Tents, tunnels, balls, pull toys and other fun things are available for the children. On the first Monday of each month, the Soldier and Family Support Center also hosts a playgroup at the indoor pool from 10 to 11 a.m. Bring your bathing suits and swim diapers for those who are not completely potty trained. A lifeguard will be on duty; however, parents are still responsible for their children in the pool.

Toddler Time is designed to help children develop their social skills by providing unstructured playtime. It can lead to new friendships for the par-

ticipating children and their parents. The program also gives moms and dads a great opportunity to share experiences, swap stories, and ask for advice about parenting issues.

Toddler Time is open to active duty service members, family members, DA civilians, and retirees. To register, or obtain additional information, contact Kathleen Miller at 788-3878.

## Anger management

An Anger Management Class is offered by Army Community Services each Monday from 11:30 a.m. to 1 p.m. Classes are now conducted at the new ACS center — Building 206, next to the Community Activities Center.

All participants are required to attend eight sessions in order to receive a letter of completion. For more information, or to register for classes, call Allen Reed at 314-7910 or Kathleen Miller at 788-3878.

## Newcomers' briefing

ACS offers a Newcomers' Briefing the second Thursday of each month. The presentation includes a short overview of the services available on and off the installation, and briefings by the garrison commander, post CSM, School Liaison Officer, Post Chaplain, and an EEO representative. A short tour of the Casemate Museum is also given.

Due to ACS's recent move, the next Newcomers' Orientation will be held on Thursday from 8:30 to 11 a.m., at Building 206, next to the Community Activities Center. For more information, or to sign up for the briefing, contact Marie Hinton at 788-4344 or Kathleen Miller at 788-3878.

## A cappella ensemble

The 66th season of Portsmouth Community Concerts kicks off at 3:30 p.m., Sunday at Willett Hall with a performance by Cantus, a 12-voice a cappella ensemble.

From Gregorian chants to folk music, and jazz standards to pop, the Cantus repertoire spans many periods and genres. The group spends much of the year touring the nation and its home turf — Minneapolis/Saint Paul. The Washington Post called the Cantus sound "beaming and elastic" and referred to their music making as "spontaneous grace." The acoustically perfect Willett Hall provides an ideal setting for vocal chorals as well as full instrumental groups.

Tickets for the performance are \$27.50 for adults and \$16.50 for students. For more information, or to reserve seats by phone, call 393-5144.

## April 4

### 'Smokey Joe's'

The Ferguson Center for the Arts, CNU Campus, Newport News, presents the Grammy and Tony Award winning musical "Smokey Joe's Café" Monday at 7:30 p.m.

Cast members Tiffany Janene Howard, a native of Portsmouth, Laurie Saylor, a native of Yorktown, and Anthony Wayne, who grew up in Norfolk, proudly return to Hampton Roads for the show

that will have hands clapping and toes tapping. "Smokey Joe's Café" celebrates the world of first kisses and last dances, hot summer nights and cool midnight struts, blue-light dinners and red hot rock 'n' roll.

Tickets are \$45. To make reservations by phone, call 594-8752. The Ferguson Center Box Office will also open 90 minutes before the show for ticket sales.

## April 5

### TUSCAB recital

More than a dozen musicians from The U.S. Continental Army Band will perform a recital at the Williamsburg Library Theatre Tuesday at 7:30 p.m.

Celebrating its 31st anniversary, TUSCAB traces its ancestry to the fife and drum corps affiliated with Ethan Allen's Green Mountain Boys in 1775. The first band was stationed at Fort Monroe in 1824. Today's band not only performs regularly for official functions at home, but also travels up and down the east coast for performances at universities, historic landmarks and popular tourist attractions like Disneyworld in Orlando.

The Williamsburg performance is free, however, tickets are required to guarantee seating. Up to four free tickets per person can be picked up at the Williamsburg Library's program service desk. Tickets cannot be reserved over the

phone. Those without tickets on the night of the concert may still be seated if space is available. For more information, call 259-4070.

## April 7

### Spring Fling

Featuring a gorgeous selection of handmade carpets, linens and gold jewelry, the LOSC Spring Fling is scheduled for Thursday through April 10 at the Langley Officers' Club. Opening times are 10 a.m. to 7 p.m., April 7 and 8, and 10 a.m. to 3 p.m., April 9 and 10.

Shoppers are encouraged to show up during the early days of the event for best selection of items. The Spring Fling is one of several annual community events organized by the Langley Officers' Spouses' Club. For more information, call 865-7242.

### Music festival

"Tonight Show" band leader Kevin Eubanks and Arturo Sandoval — protégé of the great horn player Dizzy Gillespie — will be among the performers featured during the 8th Annual Ella Fitzgerald Music Festival April 7 through 9 at the Ferguson Center for the Arts, CNU Campus, Newport News.

The festival opens with an evening featuring Ann Hampton Callaway, a singer, songwriter, pianist and actress who has recorded over 40 CDs and achieved multi-

# Bay Breeze building back in business

Fort Monroe's Bay Breeze Community Center resumes normal operations Saturday. The building has been closed for nearly three months while work crews completed a \$336,000 renovation and maintenance project.

The building is now equipped with new restrooms and other improvements, like upgraded heating and cooling units, that will benefit customers directly.

Several community events have already been scheduled over the next few weeks. Sunday Brunch returns April 10. The weekly event runs from 11 a.m. to 2 p.m.

Waffle and omelet stations are among the brunch offerings. The cost is \$10.95 per adult, and \$5.50 for children ages 5 to 12. Reservations are recommended, but not mandatory.

Fridays at the Fort will also return April 15. Featuring an outdoor grill, karaoke and a live D.J. each week, the celebration offers something for the whole family.

Both events are open to the public. For more information, or to make reservations for the brunch, call 788-4226 or 2406.

Check out future editions of the Casemate for more information about Bay Breeze events.

platinum-sales status. The following evening, April 8, will feature Sandoval who has earned four Grammy awards and six Billboard awards. He also received an Emmy for his instrumental underscore of the HBO film "For Love or Country." Eubanks closes the festival April 9. For the past 13 years, late night television viewers have caught snippets of this jazz performer's sassy song styles and sparking personality.

All shows begin at 8 p.m. To reserve a festival pass, at a cost of \$100 per person, call 594-8752 or visit the Ferguson Center Box Office between 10 a.m. and 5 p.m., Monday through Friday.

## April 8

### 'Treasure Island'

The Virginia Stage Company's production of "Treasure Island" opens April 8 at Wells Theater, Norfolk. The debut performance begins at 8 p.m. Additional shows are scheduled throughout the remainder of the month.

Based on the novel by Robert Louis Stevenson, this timeless tale is jam-packed with adventure.

Ticket prices range from \$27.50 to \$42.50, depending on seating location. For more information, or to reserve tickets by phone, call 627-1234. The Virginia Stage Company's Web site is [www.vastage.com](http://www.vastage.com).





Photo by Patricia Radcliffe

## Queen of the Hill

**Maj. Patricia Wright out-pedaled all other group cycle class participants recently to win the “mountain climbing” competition, sponsored by the Fort Monroe Fitness Center. The creative competition was part of Monroe MWR’s “Lighten Up, Tighten Up!” campaign, designed to get more military and civilian personnel in better health by eating well and exercising. The campaign ran from Jan. 1 to March 30.**

# APRIL FOOL

Continued from Page 2

were subject to ridicule, practical jokes and the occasional “fool’s errand.”

This harassment evolved over time and the prank playing progressively became more good-natured. The tradition allegedly spread throughout Western Europe and was eventually introduced to the American colonies where different nationalities have kept it alive over the centuries.

That’s one theory ...

There are also anthropological experts who believe the roots of April Fools’ Day are far more ancient and have a closer connection to the arrival of spring – a time when the weather becomes fickle, and nature “plays tricks” on man. It was common to celebrate warmer weather and the promise of new growth, and, according to legend, the resulting festivals mirrored the seasonal sense of whimsy and surprise.

Like any respectable “old world” observance, April Fools’ Day has also been connected to folklore. One British tale traces its roots to Gotham – the “town of fools” – where citizens in the 13th

century acted like lunatics in order to dissuade King John from punishing them after he discovered they lied to keep him away. They ran about trying to drown fish and catch birds in lidless cages. Suffice to say, the king fell for their ruse and it’s said by some that the observance commemorates their skilled trickery.

The “fool’s errand” has also been linked to ancient Roman mythology. Pluto, god of the dead, apparently abducted the daughter of Ceres, goddess of grain and harvest, and forced her to live with him in the underworld. Proserpina called out to her mother, but Ceres could only hear the echo of her daughter’s voice and her search was in vain.

Obviously, the origin of the observance may never be straightened out, but that’s not really the important thing is it? Knowing that it’s a day to let loose, and have some fun is good enough for me. Perhaps this is the time when we should remind ourselves that laughter truly is good medicine.

And, while we’re at it, why not make a few

plans for outdoor activities with family over the weekend or a little time off over the summer? Relieving stress from work and day-to-day family crisis is every bit as important to good health as exercise and a nutritional diet.

April Fools’ Day may be laden with corny jokes and genuine trickery, but it’s also an icon of mankind’s ability to be friendly, fun loving and benevolent.

# NEWS CLIPS

Continued from Page 9

## Thrift Shop update

The Fort Monroe Thrift Shop is closed today but will reopen April 5 and be open April 8. Consignments will be taken, but no clothing items will be accepted.

The shop will close at 2 p.m. on April 8 and remain closed the rest of the month to prepare for the move to Building 12, across from the PX.

Plans are to reopen the shop on May 5. Normal consignments of 14 items or less will be accepted as of that date. If dates should change, notices will appear in the Casemate. For more information, call 788-2566.

## Tidewater Top 3

The Tidewater Top 3 Club is an association for senior noncommissioned officers holding the rank of command sergeant major, sergeant major or master sergeant. Top 3 spearheads service projects for the local community, mentors young service members, presents an example of the professional noncommissioned officer and provides a little fun for its members.

Top 3 is open to active duty, reservists, retired, allied nations and sister service members in the local area. For more information, contact acting president Mary Rauchfuss at 788-5612 or mary.rauchfuss@us.army.mil.

## Extraordinary families sought for NMFA award program

The National Military Family Association is accepting nominations for the NMFA Family Award. The Award program recognizes 15 military families that exemplify the best of the military family lifestyle.

Military families know that military service is not a job, it’s a way of life. While this lifestyle provides endless opportunities for adventure and learning, the families may be subject to unique challenges. The NMFA Family Award provides an opportunity to recognize those families who have made the most of the adventure and conquered the challenges.

Any active duty, National Guard, reserve or retired family of the seven uniformed services, as well as the families of fallen service members, or families of wounded service members who were injured on duty within the past three years and have since been discharged, are eligible to be nominated.

Nominations will only be accepted online at

www.nmfa.org through May 31. Winners will be notified by the end of June.

One winning family will receive a grand prize of \$2,000 and a trip to Washington D.C. to be honored at a reception with the program sponsor, Nestlé USA. The family will also have the opportunity to present a check in the amount of \$1,000 to a charity of their choice whose work benefits military families. Additionally, NMFA will award \$1,000 to 14 other families and make a \$500 donation in the family’s name to the charity they choose whose work benefits military families.

For more information or to submit a nomination, visit [www.nmfa.org](http://www.nmfa.org).

## Toastmasters meet

You’re invited to be the guest of the Future Leaders and Thinkers Toastmasters Club. It’s time to spring into action, warm up communications and improve public speaking and leadership skills through structured, self-paced programs. The next meetings will be April 4 and 18 on the 2nd floor of Bldg. 10 in the ACA conference room at 11:40 a.m. Plan now to attend, and bring a friend. For more information, contact Janet Geisler at 788-2407, or Donna Satisfield at 788-3864.

## South Dakota veterans bonus

South Dakota is paying a bonus of up to \$500 to military personnel who were legal residents of the state for no less than six months immediately preceeding entry into the Armed Forces. Personnel who are currently on active duty or were honorably discharged from the Armed Forces, and who served on active duty between January 1, 1993 and September 10, 2001 are eligible.

Payment will be made only to those who served overseas and were awarded the Armed Forces Expeditionary Medal, Southwest Asia Service Medal, Kosovo Campaign Medal or any other U.S. campaign or service medal given for participation in combat operations.

Personnel on active duty after September 11 may also qualify for the bonus payment if certain criteria are met.

To obtain application forms write to: SD Veterans Bonus, 500 E. Capitol, Pierre, SD 57501, call (605) 773-4656 or e-mail [Kayla.Trebesch@state.sd.us](mailto:Kayla.Trebesch@state.sd.us). Be sure to include your name, street or PO Box number, city, state and zip code.

## 2005 Leisure Need Survey



Coming soon to your office or home mailbox. Help MWR provide the services you want! For more information, call 788-3296.

HOME CARE Continued from Page 8

“This is my job but it’s also something I really love doing.”

Providers also establish their own rates, Henderliter said. Some start at \$75 per week for each child.

Addison is among three FCC providers on post. One of them offers before and after school services only. Meanwhile, four prospective caregivers are in training to become CYS certified.

“Training is always available at Forts Monroe, Eustis and Story,” Henderliter noted. “And we’re always in need of providers. If I get at least two people who are interested, I’ll find (training for them). If nothing is scheduled, I’ll set up sessions and advertise for more participants.”

Henderliter said FCC providers receive the same training as Child Development Center staffers and the resulting certification is transferable to other installations.

Addison underwent about two months of preliminary FCC training before opening her home for business. After attending classes for first aid, CPR, child development, fire safety, age-appropriate discipline, and so forth, the Colorado Springs, Colo. native said she quickly overcame her early fears about the job.

“At first when they explain it to you, it sounds like a whole lot and you might get overwhelmed. But once I saw how helpful (program coordinators) are with setting up everything I needed, I breathed easier.

“I would tell anybody who signs up to see it through ... don’t quit because it’s really worth it.” Addison said. “Being an FCC provider works for me because of the flexibility. And, I think it offers the children a much more homey environment. They get a lot more one-on-one time.”

And if that’s not convincing enough, Henderliter said a new marketing tool is available to FCC providers to help them bring customers and



Photo by Belinda Baker

**While playing dress up, Kalila Ponder, 4, gets help with her princess outfit from FCC provider Kim Addison.**

their children to the door. ArmyFCC.com is rapidly growing in popularity ... “It’s just taking off,” she said.

ArmyFCC.com offers general information about each installation’s FCC program and a password-protected section where parents can research and locate available care providers in their area.

Once all FCC programs throughout the Army are participating, parents who are transferring from one installation to another should also be able to find information about childcare availability at their next assignment, Henderliter noted. This gives parents a head start in selecting the best placement for their child.

The installation FCC program also maintains a lending closet where home caregivers can obtain toys, furniture and some of the equipment

needed to begin their “business.”

“We do this to help them avoid any out-of-pocket expenses,” Henderliter said. “The other thing is we give them examples to help (with the setup). Training and curriculum specialist Ruth Hughes will go to the home and explain how to set up the environment and does their training modules with them.

FCC providers also receive guidance concerning the meals and snacks they serve. Like the CDC on post, FCC homes must meet U.S. Department of Agriculture Child and Adult Care Food Program standards. They are reimbursed for the food they serve.

“Again, this goes along with our desire to reduce their financial obligations as much as possible. We don’t want them to have (overwhelming) expenses,” said Henderliter.

Another plus to becoming an FCC provider, Addison said, is the experience of running your own business at home. Among many daily tasks, she plans and carries out activities with the little ones in her care, creates menus, prepares snacks and meals and coordinates with other providers for periodic outings and play dates. On top of that, she must possess keen interpersonal skills to interact with the parents who entrust her with their children.

“I just don’t think people fully realize all of the things (FCC providers) do. This is my job but it’s also something I really love doing. I want to work toward a degree in early childhood education and I’m looking at (childcare) as a career down the road,” she said.

Henderliter said that it only takes a phone call to get someone started down the path to become an FCC provider. She can be reached at 788-2698.

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